



# PARENTING WITH THE END IN MIND

## One to One Coaching Program

I'm so excited that you are here and want to build the foundations for your family and that you see your role in your family's life as well worth the investment. Perhaps you crave a deeper connection to your children and a bond that will be there as they grow into adulthood. But time is not on your side – just when you figure out one stage of where your child is at, it all changes, and you are left at the beginning again trying to figure out where to go next.

Even if you are thriving as a parent and feeling like you got this, there are always thoughts of:

"What if I have not thought of something?"

"What if there is something I have not considered."

"What if there is a question I have not yet asked myself."

"What if there is an easier way."

Our children are only with us under our roof for a limited time, and although as we go in day by day, it can feel like it will never end, I must tell you, it will eventually end one day. So you being here is wonderful as you will be able to gather the tools that feel good, sustainable, and exciting to you to enjoy being a parent and have as much fun as your children are having being children.

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Imagine you can be relaxed and comfortable in your parenting.

- To fully release the "shoulds" that don't feel authentic to you and your partner.
- To create a space where you all feel happy to go home.
- Have systems that feel sustainable, simple, and in line with your values.
- To develop an open, honest, and comfortable relationship with your child.
- To have a lifelong bond that will extend into the future when they are adults.
- Knowing you will let your children into the world with solid values (uniquely yours), resiliency, and unforgettable memories.

Imagine you can have this ease.

In the "Parenting with the end in mind" program, I will take you from where you are right now – discover where you want to go with your family. Then set a target line and plan to get you there.

We will start with small perspective changes on how you might see your parenting, then slowly, over the 12 weeks, expand this to a deeper place where you will find and plan what you want and need at this phase of your life and parenting. I will guide you to places you may have never been before or remind you of things you may have forgotten to put back on your list.

*Joanne Holbrook*

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I just completed a program with Joanne Holbrook. It is for anyone wanting to go from being a good mother to level up to become a better mother. Joanne guides and teaches you to explore the layers of your role in the family. Her method and the way she shares ideas mehelped to enhance my awareness and create a different perspective. Working with her is easy, and I gain so much value with the tools that are taught and I get to add these to my mom bag. Thanks to Joanne, I am ready to implement them with confidence and ease.

Olga Rosenburg

## How our time together works

### *Our Time Together*

- 12 one hour sessions over 6 months
- First session free for me to learn about your family and put a plan in place (13 sessions)

### *Full Access*

- Unlimited access to me through text, voxeer or messenger
- All messages will be answered within 24 hours of receiving

### *Your Investment*

- Set up a call with me to see if it is a good fit and hear about the cost and payment options

